

Activity 1**Guided Reading Activity**

FOR USE WITH CHAPTER 1, LESSON 1

Directions: Briefly answer the following questions in the space provided.

1. What is health?

2. Explain what it means to say that your health is dynamic.

3. Explain how a person's health can be described as a point on a continuum.

4. Define the term *wellness*.

5. What are lifestyle factors?

6. List ten lifestyle factors that promote good health.

7. Define the terms listed below.

a. Prevention

b. Health education

c. *Healthy People 2010*

8. List the two main goals *Healthy People 2010* has established for the future.

Guided Reading, Activity 1 (Continued)

FOR USE WITH CHAPTER 1, LESSON 1

9. List two ways each that individuals, families, and communities can improve the health of individuals and thus contribute to the health of the nation.

a. Individuals _____

b. Families _____

c. Communities _____

10. What is health literacy?

1. List four attributes that a health-literate individual needs.

Lesson Quiz

Lesson Quiz 2

FOR USE WITH CHAPTER 1, LESSON 2

I. Directions: Match each definition in the left column with the correct term in the right column. Write the letter of the term in the space provided.

- _____ 1. All the traits that were biologically passed on to you from your parents
- _____ 2. The collective beliefs, customs, and behaviors of a group
- _____ 3. The sum of your surroundings
- _____ 4. All forms of mass communication
- _____ 5. People of the same age who share similar interests

- a. culture
- b. environment
- c. heredity
- d. media
- e. peers

II. Directions: Read each statement carefully. If the statement is true, place a plus (+) in the space provided. If the statement is false, cross out the italicized word and write the correct word in the space provided.

- _____ 6. The three elements of the health triangle are physical health, mental/emotional health, and social health.
- _____ 7. Your *physical* environment includes the people you come into contact with each day.
- _____ 8. *Culture* refers to the way you view life situations.
- _____ 9. You have a great deal of control over your *heredity*.
- _____ 10. Your *environment* includes your family, neighborhood, and school.

Lesson Quiz 3**Lesson Quiz**

FOR USE WITH CHAPTER 1, LESSON 3

I. Directions: In the space provided, write the letter of the choice that best completes the statement or answers the question.

- _____ 1. The first step in becoming responsible for your health is to
a. change behaviors and values that are health risks.
b. learn how to make responsible decisions.
c. increase your awareness of risk behaviors in your life.
d. abstain from risk behaviors.
- _____ 2. Personal risk behaviors include
a. tobacco use. c. physical inactivity.
b. not wearing safety belts. d. all of the above
- _____ 3. An example of cumulative risk is
a. getting one sunburn.
b. driving faster than the speed limit and wearing a safety belt.
c. eating many high-fat meals and smoking.
d. all of the above
- _____ 4. The most recent CDC youth risk survey shows that most teens
a. do not use alcohol. c. use safety belts.
b. do not smoke cigarettes. d. all of the above
- _____ 5. Which of the following statements about abstinence is true?
a. Abstinence is the only way to avoid the consequences of some risk behaviors.
b. Abstinence means avoiding illegal behaviors.
c. Abstinence from sexual activity is the only type of abstinence that affects health.
d. Abstinence from alcohol is practiced by about 20 percent of teens in the United States.

II. Directions: In the space provided, write the term from the list that best completes the statement.

6. _____ are actions that can potentially threaten your health or the health of others.
7. Related risks that increase in effect with each added risk are called _____
8. _____ is avoiding harmful behaviors.
9. Part of becoming an adult is learning how to make responsible _____
10. _____ is a risk factor for 35 percent of teens.

abstinence
cumulative risks
decisions
physical inactivity
risk behaviors